

Facebook.com/HealthyColumbusEmployeeWellness

**Ambassadors present:** Cristina Parady, Brandy Ashley, Jeff Johnson, Diego DeBonis, Public Service; Gail Lowe, Amy Brooks, Bayli Campbell, Pam Rosebrock, Karen Fields, Columbus Public Health; Jamie Bryan, Muni Cts. Clerk's Office; Lauren Nye, Jen Morel, Brandon Kimbro, Ashley Harris, Shena Wade, HR; Vickie Loeser, Fire; Grace Hunter, Mayor's Office; Krista McGee, Public Utilities; Sherry Booth, Tina Mohn, Rec and Parks; Iris Velasco, Police, Scott Garver, Andy Bauman, Development; Toni Gillum, Jenny Jundt, Building Zoning Services.

## Reports

- **Real Appeal stats after 15 weeks of program implementation:**
  - 942 enrolled, 91% "at risk"*
  - 4,500 lbs. lost*
  - Duration in program*
    - 1-3 weeks- 40 enrollees with a 7% attrition rate*
    - 4-8 weeks- 199 enrollees with a 30% attrition rate*
    - 9-15 weeks- 619 enrollees with a 65% attrition rate*
    - \*\*City attrition rates significantly better than the Real Appeal book of business*
  - 800 participants are tracking weight loss*
    - 35% have already lost 3% of body weight*
    - 15% have already lost 5% of body weight (considered successful/goal met)*
    - Average lbs. lost/person: 5*
  - Age breakdown*
    - 30-39: 20%*
    - 40-49: 32%*
    - 50-64: 39%*
- **FSF stats**
  - Total members to date: 874 (38 new in 2017)*
  - # Visits in 2017: 3796 (on par with previous years)*
  - "Regular Use" Members: 150 (17%) –Typical participation is between 15-19%*
  - Consult Appointments (Average/Month): 22*
  - Total Group Class Participants (2017): 386 (on par with previous years)*
  - # people signed up but have not used FSF (estimated): 120 (87% saturation rate)*
- **Health and Benefits Fair**

Approximately 250 employees attended, the majority of whom received a health screening while at the event. Employees that attended were surveyed after the event and were pleased

with the quality and location (for the most part) of the event, but 75% stated their primary reason for attending was to get their health screenings.

- **5K**  
Approximately 450 employees/friends/family registered for the 5K. Event attendance was just over 200 employees. Participants enjoyed the event and Healthy Columbus is looking for suggestions that will foster better day of participation from those who register.
- **Tobacco Cessation enrollment**  
From January-March, Quit for Life has enrolled as many participants as were enrolled in 2016. This is likely due to a \$20 Kroger gift card being offered to enrollees. Quit for Life will be able to report on how many of those enrollees were able to successfully quit by the end of the year.

### **Upcoming Programs Events**

- **Every Move Matters Challenge**  
The 6 week physical activity challenge begins on May 22<sup>nd</sup> and ends on July 2<sup>nd</sup>. It Utilizes Live Healthy's new Ignite platform to better support participants and track progress. Team and individual prizes include blue tooth speakers, a bod pod assessments, gym bags, and more.
- **Intramural softball league-** there are 14 teams registered for the employee/adult dependent intramural softball league. The 10 week season begins on June 5<sup>th</sup>.
- **Heart Walk**  
Healthy Columbus will organize a heart walk team again in 2017. Jen will be getting an tutorial on the new Heart Walk portal from the American Heart Association in the near future and will be reaching out to last year's walkers and team captains to begin recruitment strategies. Fundraisers will include t-shirt/smoothie sales, and chair massages.
- **Columbus 2 Cincinnati (C2C) Relay**  
Healthy Columbus will partner with the American Cancer Society to support a team of 8 distance runners, who will run from Columbus to Cincinnati to raise funds and awareness for cancer funding and programs on August 26<sup>th</sup>. A special shout out and thank you goes to Wellness Ambassador, Jeff Johnson for being part of the team.
- **Meditation Pilot Program and Mindfulness Challenge-**  
Healthy Columbus will launch a mindfulness challenge that utilizes the Live Healthy portal in early July to help employees reduce stress. In person meditation sessions (30 minutes each) will be offered twice weekly (at 77 N. Front St. on Fridays and Columbus Public Health on Wednesdays) as part of the Quarter 3 group fitness class catalog. This is a pilot program and the hope is to expand the number of sessions offered on site. Session facilitators will be current Yoga instructor Gwen Surratt and her colleague Besty McGann. They will also record a daily guided meditation and post it on Facebook to reach a larger audience, who will be able to access the sessions at any time.

- **Produce Delivery Program**

Brandon is working with Great Rivers Organics to coordinate a weekly produce subscription service to employees. Employees will subscribe to the program and choose their delivery preferences for bags of locally grown produce to be delivered to work from June- December. A 2 week trial will be available to employees and the current drop off locations will be at downtown and Columbus Public Health on Thursdays. More drop off sites can be added if there are at least 12 subscriptions at a location.

**2017 Meetings, 2:30-3:30 @ Citywide Training:**

August 15<sup>th</sup>

An Ambassador Retreat will be scheduled for early 2018 due to limited staff resources at the end of the year. Jen will be on maternity leave from September-December. Brandon will be the Healthy Columbus contact during this time.